

Figure 1.

Types of Physical Activity

Lifestyle Physical Activity



- Walk or ride bicycle for transportation instead of car or bus.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk to your destination.
- Mow the grass and rake the leave
- Get off the bus one stop early and walk the rest of the way
- Walk every hole if you play golf.
- Dance at every opportunity you have.
- Walk the dog, if you don't have one, borrow someone else's.
- Do some extra laps when you are shopping at the mall
- Chop or split your own wood
- Wash your own car
- Vacuum often
- Get up to change the TV channel
- March in place during TV commercials
- Walk upstairs every time you have something to carry up, instead of waiting for a pile
- Walk down the hall to talk to a coworker instead of picking up the telephone or sending an email

Programmed Physical Activity



<u>Aerobic</u>



- Jogging
- Stair climbing
- Swimming*
- Water Walking
- Water aerobics*
- Gardening
- Dancing-any type
- Aerobic classes
- Bicycling*
- Roller or Ice Skating
- Snow skiing
- Chair exercises*
- Machines
- Treadmill
- Stair climber
- Stationary Bike*
- Row machine*
- Ski machine*
- Elliptical Trainer*
- Sports
 - Basketball
 - o Tennis
 - Golf
 - Touch Football
 - Ultimate Frisbee
 - Soccer

<u>Flexibility</u>



- Stretching
- Yoga
- Tai Chi

Strength

- Free Weights (dumbbells)
- Elastic Bands
- Circuit Machines
- Pilates
- Conditioning Exercises
- Medicine Balls

*= non-weight bearing activities